**Dear Parent/Guardian(s),**

Your child is beginning a 24-lesson Kindness Curriculum developed for children ages 4-6. The curriculum includes children’s books, music, movement, and other activities that teach concepts and model behaviors related to kindness and compassion. Students will practice ways to recognize and work with strong emotions, notice things for which they’re grateful, and attend with care to what’s happening in the world around them.

We know from decades of research that strong social-emotional skills correlate positively with happiness and future success. The foundation of the Kindness Curriculum is mindfulness, which means paying attention to our experience with kindness and curiosity.

The main themes of the Kindness Curriculum are:

One: Mindful bodies and planting seeds of peace and kindness

Two: I feel emotions on the inside

Three: How I feel on the inside shows on the outside

Four: Taking care of strong emotions on the inside and outside

Five: Calming and working out problems

Six: Gratitude

Seven: All people depend on each other and the earth

Eight: Gratitude and caring for our world

*Along with the curriculum there will be online opportunities for families to practice together, with brief activities easily shared in 5-15 minutes stretches.* We will send home a link to these activities when your child begins the Kindness Curriculum lessons.

Several letters over the coming weeks will accompany projects students create and bring home. We hope these letters will help you better understand the Kindness Curriculum and how to support this important learning at home. Please don’t hesitate to reach out with any questions!

With gratitude,